

# SIPPICAN SOUNDINGS

News from the Marion Council on Aging

APRIL 2018

The Council on Aging's mission is to advocate on behalf of Marion's Older Adult population and to strive to enhance quality of life in the community by providing educational, recreational, and cultural programs and activities.

## Marion Council on Aging

465 Mill Street

Marion, MA 02738

Office: 508-748-3570

[www.facebook.com/marioncoa](http://www.facebook.com/marioncoa)

[www.marionma.gov/coa](http://www.marionma.gov/coa)

COA Office Hours: Monday—Friday 9:00 a.m.—3:00 p.m.

Karen Gregory, Director; [kgregory@marionma.gov](mailto:kgregory@marionma.gov)

## The Monday Lecture Series

### Monday, April 9th, 12:30 p.m.

**Tick Talk.** Plymouth County is at the heart of the tick-borne disease epidemic. Nowadays, almost everyone either knows someone or has direct experience with one of the many life-changing diseases that ticks can transmit. The situation may seem dire, but there are several easy actions you can take to effectively defend yourself and your family. This program will review facts on ticks, the diseases that they carry, and proven methods of protection. With the proper knowledge and tools, all tick-borne disease are preventable. After all, there is no reason why we shouldn't enjoy the outdoors and still have peace of mind.

### Monday, April 23rd, 12:30 p.m.

**Postcards of Marion.** Join Pete Smith, Curator of Sippican Historical Society, (a.k.a. Mr. Marion) as we take a look back at Marion's bygone days. There will be over 100 vintage Marion Postcards presented showing a unique view of Marion's history.

### Monday, April 30th, 12:30 p.m.

**The Allure of Watercolor.** *Art For Your Mind* is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are intended for people of all backgrounds, artists and non-artists alike. **The Allure of Watercolor**, presented by Jill Sanford showcases a variety of watercolor images from accomplished artists of earlier times—to those of the 20th century. Discover how different approaches and techniques in this challenging medium have achieved powerful results.

## Muffins & Coffee

Join us on Tuesday, April 24th at 9:00 a.m. for a breakfast of assorted muffins, fruit salad, juice, coffee and tea.

For planning purposes, registration is strongly encouraged. Please call 508-748-3570 to let us know you will be attending.



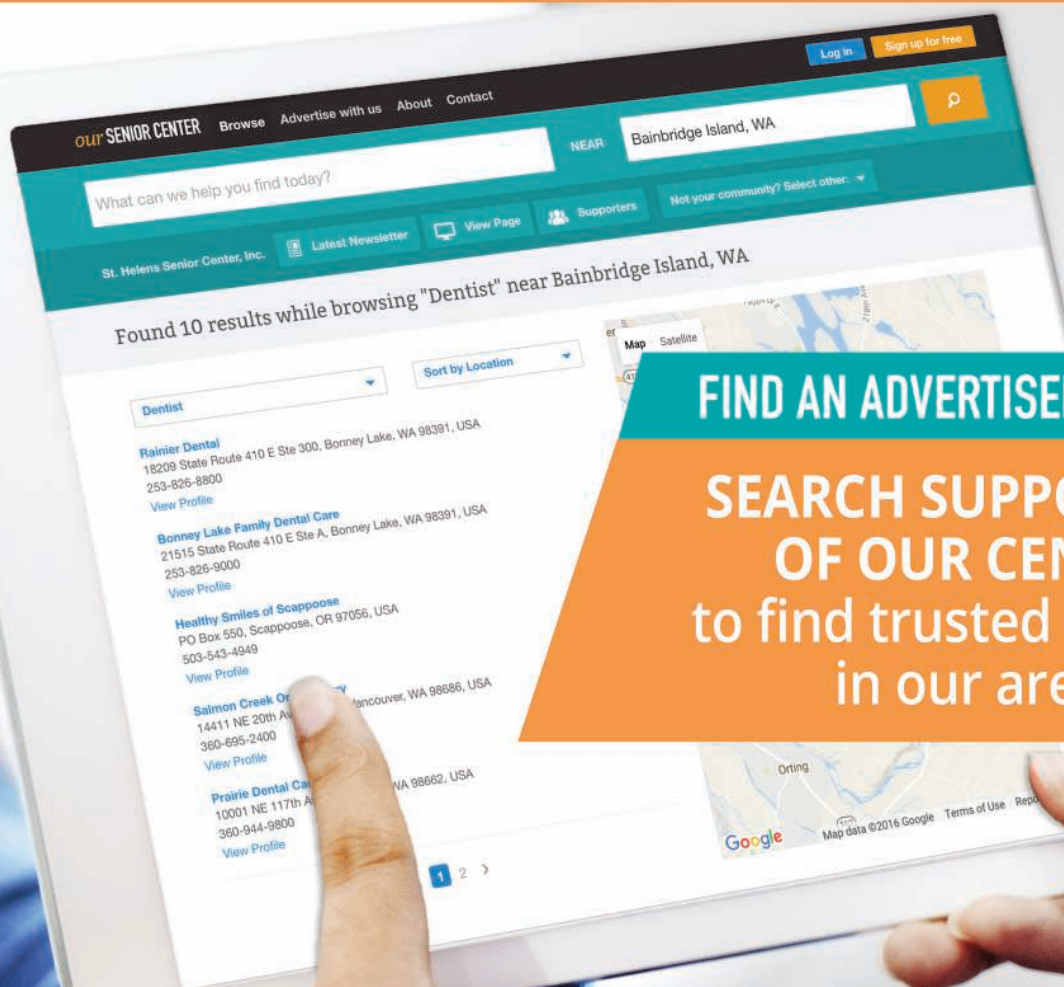
## Trip to :International Museum of World War II - Natick, MA

Join us on Thursday, April 19th as we visit the International Museum of World War II. A global perspective, yet intensely personal. More than 7,500 artifacts, letters and documents on display.

Cost of the trip will be admission of \$20.00 and the expense of your lunch at a local eatery. Sign ups begin on April 5th, call 508-748-3570 to reserve your spot. We will depart from the Benjamin D. Cushing Community Center at 9:00 a.m.

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### **DUPLICATE BRIDGE**

For the intermediate player, every Thursday,  
1:00 p.m. - 4:00 p.m. \$3.00 a week. Limited to the  
first twenty to register. Call the Council on Aging to  
register 508-748-3570.

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### **SHINE**

#### **Health Insurance Counseling**

The SHINE Program (Serving the Health Information  
Needs of Everyone) provides free health insurance in-  
formation counseling and assistance to all Massachu-  
setts residents with Medicare. In Marion we are fortu-  
nate to have Asha Wallace serve as our SHINE  
volunteer. On Tuesdays from 9:00 a.m. - 11:00 a.m.  
Asha will be on hand at the Community Center to  
assist with any questions you may have.

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### **MY SENIOR CENTER SCAN SYSTEM**

Have you signed up for your scan card yet? Stop by the  
reception desk to sign up, then scan in every time you  
come to the COA, whether it is for lunch, to attend one  
of our many events, or any other reason. We utilize the  
data that is collected in applying for grants. Each  
month we will be giving a PRIZE for the senior who  
has scanned in for the most events that month.

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### **SIPPICAN HISTORICAL SOCIETY'S CLASSIC MOVIE SERIES**

April 13th - Hud  
May 11th - The Last Picture Show  
Movies begin at 7:00 p.m. and are shown at  
The Music Hall

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### **PITCH LEAGUE**

Tuesdays at 12:30 p.m. beginning on April 10th.  
Call ahead to register 508-748-3570.  
Brush up on your High, Low, Game & Jack.

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### **FRIENDSHIP DINNERS**

St. Gabe's Episcopal Church of Marion, 124 Front  
Street offers a Friendship Dinner on the 1st Thursday  
of each month at 5:00 p.m. On the 3rd Thursday of  
each month The First Congregational Church of Mari-  
on also offers a Friendship Dinner at the Community  
Center, 144 Front Street, Marion. All are welcome to  
this free will offering. Please call the COA at  
508-748-3570 if you would like to arrange transporta-  
tion to attend.

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### **SNAP INFORMATION SESSION**

SNAP helps senior buy groceries. You can get help from SNAP if you have limited income and resources or high medical and living expenses. The amount you receive depends on household incomes from all sources, deductions of high medical or housing costs and how many people live in your household. **A representative from SNAP will be on hand on Friday, April 6th from 10:00 a.m. - 1:00 p.m. we encourage you to drop in and learn more.** SNAP like Social Security is an entitlement program, this means there are funds there to help you and you deserve them based on your income. Let SNAP help you!

### **50+ JOB SEEKERS NETWORKING GROUP**

If you are unemployed and actively looking, seeking a new  
career direction, recently retired and looking for your "Encore  
Career" and in the 50+ demographic, this is the program for  
you. Facilitated by an Experienced Career Coach you will  
learn many tools and strategies needed for a successful job  
search. Meetings are held the 1st Thursday of the month at the  
Marion COA, call 508-748-3570 for more information.  
This program is funded by the Massachusetts Association  
of Councils on Aging (MCOA).

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### **DENTAL CLEANINGS & SCREENINGS**

As we age, our dental needs become more complicated and  
many push dental exams off until major problems occur. The  
Visiting Dental Hygienist Program provides consumers with a  
public health dental hygienist that travels to the Community  
Center with a mobile dental unit providing dental cleanings,  
screenings, oral health information and education, including  
denture adjustments and cleanings. The Visiting Dental Hy-  
gienist Program is made possible, in part, by Coastline Ser-  
vices. You must be age 60+ with no dental insurance or lim-  
ited financial means. To schedule your appointment for Tues-  
day, April 17th, call Holly Petruzzo, RDH, 774-766-7238.

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### **PODIATRY CLINIC**

Dr. Harry Shoemaker, D.P.M. provides podiatry services at the  
Community Center. Please call 508-748-3570 to schedule  
your appointment.

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### **SOUTH COASTAL COUNTIES LEGAL SERVICES**

The Seniors Law Project of South Coastal Legal Services,  
Inc., is funded in part by Coastline to provide free legal assis-  
tance to seniors in Marion. While there are no income criteria,  
the SLP directs its efforts to those seniors with the greatest  
economic and social need. They primarily provide assistance  
in matters that fall within the priority areas which have been  
identified in conjunction with Coastline:

- Social security benefits
- Subsidized housing matters
- Public benefits cases such as food stamps, Medicaid es-  
tate planning
- Physical and financial abuse
- Nursing home related problems

Appointments available on Monday, April 9th. Call the COA  
at 508-748-3570 to schedule your appointment.

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## April 2018 Community Center Activities at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch	<b>3</b> 9:00 a.m.—11:00 a.m. SHINE 11:30 a.m. Lunch	<b>4</b> 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	<b>5</b> 9:00 a.m. Tai Chi \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—3:00 p.m. 50+ Jobseekers 1:00 p.m.—4:00 p.m. Duplicate Bridge, \$3	<b>6</b> 9:30 a.m. Group Fitness \$35/10 weeks 10:00 a.m. - 1:00 p.m. SNAP info. session 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4
<b>9</b> 9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture—Tick Talk	<b>10</b> 9:00 a.m.—11:00 a.m. SHINE 11:30 a.m. Lunch	<b>11</b> 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	<b>12</b> 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—4:00 p.m. Duplicate Bridge, \$3 1:00 p.m.—2:00 p.m. Memory Loss Support Gr	<b>13</b> 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4
<b>16</b> CLOSED FOR PATRIOTS' DAY	<b>17</b> 9:00 a.m.—11:00 a.m. SHINE 11:30 a.m. Lunch	<b>18</b> 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	<b>19</b> 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—4:00 p.m. Duplicate Bridge, \$3	<b>20</b> 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4
<b>23</b> 9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture—Historic Postcards of Marion 1:00 p.m. Pop Tennis (Marion Tennis Club)	<b>24</b> 9:00 a.m.—11:00 a.m. SHINE 11:30 a.m. Lunch	<b>25</b> 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Nurse Consultations 11:30 a.m. Lunch 11:30 a.m.—2:00 p.m. Memory Café	<b>26</b> 9:00 a.m. Tai Chi, \$10 10:15 a.m. Zumba, \$5 11:30 a.m. Lunch 1:00 p.m.—4:00 p.m. Duplicate Bridge, \$3 1:00 p.m.—2:00 p.m. Memory Loss Support Gr	<b>27</b> 9:30 a.m. Group Fitness \$35/10 weeks 10:30 a.m.—12:30 p.m. Mahjong 11:30 a.m. Lunch 12:30 p.m. Strength & Conditioning, \$4 2:00 p.m. Art Show Opening
<b>30</b> 9:00 a.m. Dance Fit 10:15 a.m. Yoga 11:30 a.m. Lunch 12:30 p.m. Lecture—Allure of Watercolor				

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## ***MARION COUNCIL ON AGING SENIOR ART EXHIBIT & SALE***

April 27th - June 1st

**Join us on April 27th, 2:00 p.m. - 4:00 p.m. for an Artist's Reception & Opening**

**Benjamin D. Cushing Community Center**

Exhibition space is still available, call 508-748-3570.

### **FREE COLLAGE WORKSHOP**

Learn the technique of working with beautiful, textured papers!

**Tuesday, May 1st 9:00 a.m. - 11:00 a.m.**

**Benjamin D. Cushing Community Center**

Instructor: Mary Ross.

Instruction and supplies are included.

Registration required as class size is limited, call 508-748-3570.

### **INTRODUCTION TO POP TENNIS**

Pop Tennis is Tennis just played on shorter tennis courts with shorter and solid racquets, lower compression tennis balls and the same scoring and rules as tennis - except for one, underhand serve.

**Monday, April 23rd 1:00 p.m. - 2:00 p.m. Marion Indoor Tennis Club**

Chick Renfrew, Director of Marion Indoor Tennis Club will be offering a clinic to acquaint members of the community with the sport that is sweeping the nation.

Please call 508-748-3570 to register.



### **FEEL BETTER & LIVE BETTER WITH MY LIFE, MY HEALTH**

Are you living with a chronic condition like: Heart Disease/COPD/Diabetes/High Blood Pressure/Asthma/Arthritis/Kidney Disease/Depression/ and others? My Life, My Health can help you feel and live better. My Life, My Health is a six-week Evidence-Based Program which has helped thousands of people, with chronic health conditions take control of their health and achieve a better quality of life.

Tuesdays at 9:00 a.m., beginning June 5th at the Marion Council on Aging. Pre-registration is required, please call 508-748-3570.

### **COMMUNITY GARDEN**

The Sippican School Community Garden Club is opening their garden gate to all interested nature enthusiasts with the Marion Council on Aging. Two large garden beds will be made available for you to independently grow the plants of your choice! Call the COA office at 508-748-3570 to express your interest in this program.

### **COMMUNITY BINGO BREAKFAST**

Thursday, April 26th, 8:00 a.m.- 10:00 a.m.

Breakfast served at 8:00 a.m. and bingo to follow

Sippican Healthcare Center - 15 Mill Street, Marion

Limited seating: Please call 508-748-3570 to reserve your seat and the chance to win some prizes!





April 2018



Must RSVP 24 hours in advance (by 11:00a.m.)  
508-748-3570.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Sodium (mg): Na <sup>+</sup>	<b>3</b> Sodium (mg): Na <sup>+</sup>	<b>4</b> Sodium (mg): Na <sup>+</sup>	<b>5</b> Sodium (mg): Na <sup>+</sup>	<b>6</b> Sodium (mg): Na <sup>+</sup>
Cheeseburger 387	German Beef Stew 240	Grilled Chicken 320	Macaroni & Cheese 403	Shredded Cheese 187
Ketchup 82	w/ Vegetables	Peach Salsa 45	Escalloped Tomatoes 143	Beef Chili 176
Potato Wedges 27	Red Bliss Potatoes 4	Parsley Mash. Potato 63	Green Beans 3	White/Brown Rice 36
Hot German Slaw 81	Multigrain Roll 190	Scandinavian Vegetables 42	Fruit Loaf 102	Broccoli Florets 12
WW Hamburger Roll 190	Mandarin Oranges 6	Oatmeal Bread 121	Pineapple Chunks 1	Dinner Roll 160
Cinnamon Apples 4		Tapioca Pudding 130		Applesauce 14
		Diet: Lorna Doones 85		
Total Sodium: 770	Total Sodium: 441	Total Sodium: 720	Total Sodium: 652	Total Sodium: 586
Calories: 651 Carbs: 61	Calories: 533 Carbs: 63	Calories: 510 Carbs: 70	Calories: 676 Carbs: 90	Calories: 580 Carbs: 69
<b>9</b> A	<b>10</b> A	<b>11</b> A	<b>12</b> A	<b>13</b> A
WG Lasagna Roll-Up 370	Chicken Coq au Vin 387	Hot Dog *550	Baked Meatloaf 131	Swedish Meatballs 194
Tomato Sauce 55	O'Brien Potatoes 117	Mustard 55	Mushroom Onion Gravy 148	Egg Noodles 35
Fall Vegetable Blend 15	Glazed Beets 179	Relish 81	Garlic Mash. Potato 62	Tahitian Vegetables 38
Oatmeal Roll 121	Multigrain Bread 190	Baked Beans 36	Spring Vegetables 57	Glazed Carrots 83
Fresh Apple 2	Mandarin Oranges 6	Cabbage & Carrots 47	WW Bread 160	Wheat Bread 115
Yogurt Cup 50		Hot Dog Roll 210	Chocolate Pudding 191	Cinnamon Apples 4
		Peaches 5	Diet: Low-Sugar Pudding	
Total Sodium: 612	Total Sodium: 880	Total Sodium: 984	Total Sodium: 748	Total Sodium: 469
Calories: 489 Carbs: 93	Calories: 446 Carbs: 64	Calories: 607 Carbs: 74	Calories: 656 Carbs: 89	Calories: 510 Carbs: 71
<b>16</b> B	<b>17</b> B	<b>18</b> B	<b>19</b> B	<b>20</b> B
<b>Patriots' Day</b>	Portuguese Chicken 420	Mushroom Barley Soup 173	Shredded Cheese 187	"Catch of the Day"
<b>No Meals Served</b>	Confetti Rice 43	Roast Pork w/ 71	Cheesy Beefaroni 326	Haddock w/ 250
	Broccoli 12	Rosemary Gravy 124	California Vegetables 27	Lemon Dill Sauce 111
	Oatmeal Roll 121	Whipped Sweet Potato 33	WW Roll 160	Roasted Potato 33
	Mixed Fruit 10	Riviera Vegetables 16	Fruited Gelatin 1	Green Beans 3
		Multigrain Bread 190	Diet: Diet Gelatin 0	Wheat Bread 115
		Fresh Orange 0		Pineapple Chunks 1
	Total Sodium: 606	Total Sodium: 607	Total Sodium: 702	Total Sodium: 514
	Calories: 434 Carbs: 55	Calories: 702 Carbs: 90	Calories: 644 Carbs: 60	Calories: 398 Carbs: 60
<b>23</b> A	<b>24</b> A	<b>25</b> A	<b>26</b> A	<b>27</b> A
Chicken Teriyaki 478	Beef Picadillo 251	Roast Turkey w/ Gravy 430	Shredded Cheese 187	Sausage w/ 520
Asian Rice 92	White/Brown Rice 36	Cranberry Sauce (2) 16	Western Omelet 351	Peppers & Onions
Oriental Vegetables 26	Country Vegetables 32	Mashed Potato 62	Hash Browns 136	Pasta Alfredo w/ 150
WW Bread 160	Multigrain Bread 190	Winter Squash 13	California Vegetables 27	Portobello Mushrooms 12
Applesauce 14	Mandarin Oranges 6	Oatmeal Bread 121	Fruit Loaf 190	Sub Roll 162
String Cheese 170		Lemon Cream Cake 209	Pears 4	Peaches 5
		Diet: Low-Sugar Cake 210		
Total Sodium: 940	Total Sodium: 516	Total Sodium: 851	Total Sodium: 896	Total Sodium: 850
Calories: 477 Carbs: 56	Calories: 429 Carbs: 62	Calories: 720 Carbs: 130	Calories: 687 Carbs: 74	Calories: 553 Carbs: 74
<b>30</b> B	<b>Come Join Us On Tuesdays for our Ethnic Meal Series!</b> 		<p>We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.</p> <p>Congregate Meal participants may take home packaged bread, desserts and milk.</p>	
Egg Salad 373				
German Potato Salad 62	<b>All Meals include:</b> <b>Milk:</b> 110 Calories 125mg Sodium 13g Carbs <b>Margarine:</b> 36 Calories 47mg Sodium			
Coleslaw 81				
WW Roll 160				
Fresh Apple 2				
Total Sodium: 701				
Calories: 461 Carbs: 70				

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : \* Indicates a food with more than 500mg sodium

"Catch of the Day" will vary based on availability : Menu is subject to change without notice

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## MEMORY LOSS SUPPORT GROUP

**Biweekly on Thursdays, 1:00 p.m.—2:00 p.m.**

Benjamin D. Cushing Community Center  
465 Mill Street, Marion.

This support group led by Carol McAfee, LPN, CDP of Community Nurse Home Care is appropriate for individuals caring for someone with memory loss. Free, but pre-registration is required. Please contact Karen Gregory, 508-748-3570.

### **Spring Meeting Dates:**

- ◆ April 12th
- ◆ April 26th
- ◆ May 10th
- ◆ May 24th

## WATERFRONT MEMORY CAFE

**Every Wednesday**

**11:30 a.m. Lunch**

**12:30 p.m.—2:00 p.m. Activities**

Benjamin D. Cushing Community Center  
465 Mill Street, Marion

Weekly programming for individuals with Alzheimer's or other memory loss; **with their care partner, family or friends**, in a safe, supportive and engaging environment.

The Marion Waterfront Café is sponsored by funding from The MA Association of Councils on Aging, MA Executive Office of Elder Affairs, Marion Police Brotherhood, Southcoast Community Grants Program and Friends of the Marion Visiting Nurse.

The Marion Council on Aging assures that no person shall, on the basis of race, color, national origin or income be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination under any program or activity receiving Federal financial assistance, as required by Title VI of the Civil Rights Act of 1964, as amended, and the Civil Rights Restoration Act of 1987 (P.L. 100.259), and federal Executive Order 12898 (Federal Actions to Address Environmental Justice in Minority Populations and Low Income Populations). Further the Marion Council on Aging will make every effort to ensure nondiscrimination in all of its programs and activities, whether they are federally funded or not, and that services and benefits are fairly distributed to all people.

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